

Community Clinic, Primary Care and Ambulatory Care Clinic Nutrition Counselling Services



Winnipeg Regional
Health Authority

Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de notre santé

Listing of Registered Dietitian Services in Winnipeg for:

- Community Clinics**
- Primary Care Clinics**
- Ambulatory Care Clinics**

Fee for service noted where applicable

August 2019

Section 1: Community Clinic, Primary Care Clinics

ACCESS Downtown
ACCESS Fort Garry
ACCESS Nor'West
ACCESS RiverEast
ACCÈS-ACCESS Saint-Boniface
ACCESS Transcona
ACCESS Winnipeg West
Breast Health Centre
Cancer Care Manitoba
Health Action Centre: Health Services for the Elderly
KLINIC
Manitoba Home Nutrition Program
Mount Carmel Clinic
Nine Circles Community Health Centre
Nor'West Co-op Community Health Centre (ACCESS Nor'West)
Provincial Health Contact Centre
REH-FIT Centre
Wellness Institute
WRHA Healthy Aging Resource Team
WRHA Home Care
WRHA Nutrition & Food Services
Women's Health Clinic
Youville Diabetes Centre
Youville Centre – St. Vital

Site/Organization	Eligibility	Referral Information	Services
ACCESS Downtown 640 Main Street R3B 0L8 Tel: 204-940-1626 Fax: 204-942-7828	ADT primary care clients and people living within postal codes: R3A, R3B, R3C, R3E, R2W, R2X	Self-referral, health professional, internal clinic referral	General nutrition counselling, individual and group diabetes education and heart health and Craving Change.
ACCESS Fort Garry 135 Plaza Drive R3T 5K8 Tel: 204-940-7100 Fax: 204-940-7090	ACCESS Downtown clients living in: Postal codes: R3A, R3B, R3E, R3C, R3M, R3N, R3L.	Self-referral, health professional, internal clinic referral	
ACCESS Nor'West (See Nor'West Co-op Community Health Centre)			
ACCESS RiverEast 975 Henderson Hwy R2K 4L7 Tel: 204-938-5000 Fax: 204-938-5099	ARE Primary Care clients and people living within postal codes: R2L, R2K, R2G, R2E	Physician, health professional and Self-referrals	Therapeutic, individual and group diabetes education and heart health education
ACCÈS-ACCESS Saint-Boniface, Centre de santé Saint-Boniface 170 Goulet Street R2H 0R7 Tel: 204-940-1155 Fax: 204-237-9057 centredesante.mb.ca	Postal codes: R2H, R2J, R3X and any Winnipeg resident requesting French services.	Self-referral, health professional	General nutrition counselling, diabetes education, individual or group sessions. English and French languages
ACCESS Transcona 845 Regent Ave West R2C 3A9 Tel: 204-938-5700 Fax: 204-938-5510	AT Primary Care clients and people living within postal codes: R2C, R3W	Physician, health professional and Self-referrals	Therapeutic, individual and group diabetes education and heart health education. Craving Change

Site/Organization	Eligibility	Referral Information	Services
ACCESS Winnipeg West 280 Booth Drive R3J 3R7 Tel: 204-940-8724 Fax: 204-940-2605	ACCESS Winnipeg West clients living in: Postal codes: R3H, R3J, R3K, R3P, R3R, R3S, R2Y West of Rt 90 ONLY: R3N, R2R	Self-referral, health professional	Therapeutic, individual and group diabetes education
Breast Health Centre 100-400 Taché Ave. R2H 3C3 Tel: 204-235-3906 Fax: 204-231-3839	General public on how to reduce the risk of breast cancer, those receiving primary breast cancer treatment and survivors of primary breast cancer.	Self-referral, health professional	Individual counselling and group education for breast health including breast cancer. Group education: Eat Well, Get Fit & Live Well program and Bone Health After Breast Cancer (available through MB Telehealth upon request)
CancerCare Manitoba 675 McDermot Ave. R3E 0V9 Tel: 204-787-2109 Fax: 204-786-0623 cancercare.mb.ca	Manitoba and from outside Manitoba if being followed by oncologist at this facility. Individuals receiving acute or follow-up treatment. **Non-metastatic breast cancer patients can be referred to WRHA Breast Health Centre**	Multi-disciplinary referrals, self-referral	Individual counselling related to treatment and prevention of cancer and cancer related issues.
Health Action Centre: Health Services for the Elderly 425 Elgin Ave. R3A 1P2 Tel: 204-940-3817 Fax: 204-940-3830	Area bordered by Red River (E), Inkster (N), Keewatin (W) and the Assiniboine River (S) Seniors >60 years of age who do not have access to other RD's	Self-referral, health professional	Therapeutic and healthy eating counselling focused on the elderly
KLINIC 870 Portage Ave. R3G 0P1 Tel: 204-784-4090 Fax: 204-784-4013 klinik.mb.ca	Postal codes: R3A (South of Logan), R3B, R3C, R3E, R3G	Self-referral, health professional	Therapeutic, healthy eating, counselling, group diabetes education.

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<p>Manitoba Home Nutrition Program</p> <p>Adult 425 Elgin Tel: 204-940-1911 Fax: 204-940-1933</p> <p>Pediatrics Special Services for Children & Youth 1155 Notre Dame Tel: 204-258-6554 Fax: 204-474-2387</p>	<p>Manitoba</p> <p>Home tube feeding, TPN or hydration > 2 weeks. Inability to meet nutritional requirements by oral route</p> <p>Includes Specialty Infant Formula Program</p>	<p>Physician Forms-MHNPRReferral.pdf</p>	
<p>Mount Carmel Clinic 886 Main Street R2W 5L4 Tel: 204-582-2311 Fax: 204-582-6006</p>	<p>Point Douglas and new comers only (persons who have immigrated to Canada within the last 5 yrs & residents of Winnipeg)</p>	<p>Self-referral, health professional</p>	<p>Therapeutic, healthy eating, counselling and diabetes group education/support classes</p>
<p>Nine Circles Community Health Centre 705 Broadway R3G 0X2 Tel: 204-940-6001 Fax: 204-940-6003</p>	<p>Manitoba, NW Ontario</p> <p>Clients who have a family physician at Nine Circles</p>	<p>Physician, health professional</p>	<p>Nutrition education and counselling for individuals and groups</p>
<p>Nor'West Co-op Community Health Centre (ACCESS NorWest) 785 Keewatin St. R2X 3B9 Tel: 204-938-5906 Fax: 204-938-5994 norwestcoop.ca</p>	<p>Inkster area, postal codes: R2R, R2X, R3E</p> <p>Seven Oaks community area (excluding Riverbend and West St. Paul)</p> <p>Group education classes are open city wide</p>	<p>Self-referral, health professional</p>	<p>Therapeutic, general nutrition counselling, diabetes education and support groups</p> <p>Group education classes: heart health diabetes group, nutrition and diabetes group, healthy eating class</p>

Site/Organization	Eligibility	Referral Information	Services
Provincial Health Contact Centre (within Misericordia Health Centre)			
* Dial-A-Dietitian Tel: 204-778-8248 or 1-877-830-2892	Manitoba	No referral required	General food and nutrition questions and advice over the phone. English, French and access to interpreters.
* TeleCARE/TeleSOINS Tel: 204-788-8688 or 1-866-204-3737	Manitoba Adults with heart failure, pre diabetes or Type 2 diabetes.	Self-referral or health professional. Click here for a referral form.	Nurse led self-management program for Type 2 diabetes and heart failure
REH-FIT Centre 1390 Taylor Ave. R3M 3V8 Tel: 204-488-8023 Fax: 204-488-4819 Ext: 242 reh-fit.com	Winnipeg	Members: self-referral Non-members: self-referral, physician, health professional	<ul style="list-style-type: none"> • Fees For Service (members complimentary initial RD visit) Therapeutic and general nutrition counselling. Diabetes programs-does not require physician referral
Wellness Institute 1075 Leila Ave. R2P 2W7 Tel: 204-632-3910 Fax: 204-633-3753 sogh.ca/wellness	City wide	Self-referral or physician referral	<ul style="list-style-type: none"> • Fee For Service Therapeutic and healthy eating. Individual appointments only
* Diabetes Wellness Program	City wide	Self-referral or physician referral	<ul style="list-style-type: none"> • Free Diabetes group education classes and one on one counselling
WRHA Healthy Aging Resource Team 3 rd floor- 203 Duffield St R3J 0L3 Tel: 204-940-3261 Fax: 204-940-2443 stjamescentre.com	Postal codes: R2Y, R3J, R3K, R3R, R3S, R3P Seniors 55+	Self-referral, health professional	Therapeutic and healthy eating counselling for clients 55 years of age and older

Site/Organization	Eligibility	Referral Information	Services
WRHA Nutrition & Food Services Outpatient Dietitian 345 DeBaets Street R2J 3V6 Tel: 204-654-6552 Fax: 204-943-6278 wrha.mb.ca/prog/nutrition	Winnipeg Pediatrics and adults post out of province Bariatric surgery	Health professional, self-referral	Nutrition counselling and healthy eating education for children and their families and adults post out of province bariatric surgery
Women's Health Clinic 419 Graham Ave. R3C 0M3 Tel: 204-947-2422 Ext:113 Fax: 204-944-0223 womenshealthclinic.org	Manitoba Women, trans, non-binary (16 and up) concerned with weight, chronic dieting, emotional eating, and disordered eating.	Self-referral, health professional	Individual dietitian nutrition counselling. Eat Your Heart Out (program on relationship with food) offered quarterly. Craving Change (program on relationship with food) offered quarterly. Train the trainer for health care professionals and other groups on weight inclusive, non-dieting, intuitive eating, and weight stigma.
* Provincial Eating Disorder Prevention & Recovery Program Tel: 204-947-2422 ext. 137 Fax: 204-944-0223 eatingdisordersmanitoba.ca	Manitoba All genders (18 and up) for treatment of eating disorders (binge eating, anorexia, bulimia). Need to be medically stable	Self-referral, health professional No direct dietitian referral. Will see dietitian after admission into the program.	Group based treatment plus individual nutrition counselling. Free community workshops available to clients, community members, and health professionals
WRHA Home Care Tel: 204-940-6639 Fax: 204-940-2009	Clients open to WRHA Home Care program that are unable to access other RD ambulatory service due to lack of access or inability	Physician, health professional	Therapeutic, healthy eating, individual education in the home
Youville Diabetes Centre 33 Marion Street R2H 0S8 Tel: 204-233-0262 Fax: 204-233-1520 youville.ca	Winnipeg Type 1 diabetes or Type 2 diabetes on prescribed medication or insulin. Pregnant Type 1 or Type 2 diabetes or Gestational diabetes (GDM).	Referral from Physician, Nurse Practitioner (NP) or Physician Assistant (PA).	Therapeutic individual and group diabetes education. Counsellor and diabetes nurse educators available as part of multidisciplinary team. Evening appointments available; free parking.

Site/Organization	Eligibility	Referral Information	Services
Youville Centre - St. Vital 6-845 Dakota Street R2M 5M3 Tel: 204-255-4840 Fax: 204-255-4903	Postal codes: R2M, R2N We are open to referrals from individuals who feel our services are accessible to and will benefit them	Self-referral, Physician or Health professional	<ul style="list-style-type: none"> • Individual therapeutic and healthy eating counselling • Individual and group diabetes education https://www.youville.ca/diabetes-centre/referral-criteria-and-process <ul style="list-style-type: none"> • Evenings available

Section 2: Ambulatory Care Clinics

Concordia Hospital

Deer Lodge Centre

Grace Hospital

Health Sciences Centre

Misericordia Health Centre

Riverview Health Centre

St. Amant: Clinical Services

St. Boniface Hospital

Seven Oaks General Hospital

Victoria General Hospital

Site/Organization	Eligibility	Referral Information	Services
<p>Concordia Hospital 1095 Concordia Ave. R2K 3S8 Tel: 204-661-7123 Fax: 204-661-7262</p> <p style="text-align: center;">No Outpatient Nutrition Services</p>			
<p>Deer Lodge Centre 2109 Portage Ave R3J 0L3 Tel: 204-831-1301 Fax: 204-831-2901 deerlodge.mb.ca/programsoutpatient</p>			
<p>* Dysphagia Outpatient Clinic Tel: 204-831-2568</p>	<p>Manitoba High nutritional risk dysphagia clients screened by the SLP</p>	<p>Physician referral to central intake</p>	
<p>* Motor Neuron Disease Clinic Tel: 204-831-2568</p>	<p>Manitoba, NW Ontario, Saskatchewan Substantiation of diagnosis by neurologist</p>	<p>Physician referral to central intake</p>	
<p>* Movement Disorder Clinic Tel: 204-940-8400</p>	<p>Manitoba</p>	<p>Physician</p>	<p>Therapeutic individual nutrition counselling</p>
<p>* PRIME Program Tel: 204-831-2568</p>	<p>Winnipeg Program enrolment required prior to RD service</p>	<p>Physician, homecare, day hospital, allied health or self-referral</p>	<p>Therapeutic and healthy eating individual nutrition counselling</p>
<p>* Pulmonary Rehab Program Tel: 204-831-2181</p>		<p>Physician</p>	

Site/Organization	Eligibility	Referral Information	Services
Grace Hospital 300 Booth Drive R3J 3M7 Tel: 204-837-0831 Fax: 204-837-0791			
Health Sciences Centre 820 Sherbrook Street R3A 1R9 Tel: 204-787-2343 Fax: 204-787-2311 hsc.mb.ca/patientsFindAClinic			
* Child and Adolescent Mental Health Program Tel: 204-787-7218	Manitoba Youth with eating disorders & other mental health issues.	Self-referrals, health professionals	Nutrition counselling is available after a comprehensive assessment by the team
* Children's Outpatient Dietitian Tel: 204-787-4057	Manitoba, NW Ontario & Territories	Physician, health professional	Therapeutic, FTT, Multiple allergies, Crohn's Disease, Hyperlipidemia
* CF Clinic Tel: 204-787-2543	Manitoba, NW Ontario & Territories Pediatric Cystic Fibrosis only	Physician	
* Diabetes Education Centre (Adult) Tel: 204-787-7852	Manitoba, NW Ontario & Territories HSC endocrine patients only	Physician	Diabetes education and management
* Diabetes Education Resource for Children & Adolescents (DERCA) Tel: 204-787-3011	Manitoba, NW Ontario SE Saskatchewan Pediatric Type 1, Type 2 and pre-diabetes	Physician, health professional, self-referral	Diabetes education and medical care for children and adolescents and their families.

Site/Organization	Eligibility	Referral Information	Services
* Manitoba HIV Program Tel: 204-787-2287 Fax: 204-787-3893	Manitoba and NW Ontario Adults living with HIV	Physician, health professional	Individual nutrition education and counselling
* Multiple Sclerosis Clinic Tel: 204-787-5111	Manitoba Multiple Sclerosis patients only	Neurologist, allied health, screening Tool	
* Adult Ambulatory Care Dietitian Tel: 204-787-3327	Manitoba and outside MB if actively followed by physician at HSC	Physician or Health Professional within HSC	Specialized therapeutic nutrition service: Cystic Fibrosis, Lung Transplant and Digestive Health Care
* Progressive Neuromuscular Disorders (PND) Swallowing and Nutrition Clinic Tel: 204-787-5105	Manitoba, NW Ontario, Nunavut, SE Saskatchewan People 16 years or older with a PND and signed modified barium swallow	Physician	
* Psych Health Centre, Mental Health Program Tel: 204-787-5179	Manitoba Adults with eating disorders & other mental health issues	Any psychiatrist or health professional from HSC	
* Rehabilitation Hospital Tel: 204-787-2250	Manitoba	Health professional from Rehab	
* Renal Clinic Tel: 204-787-3637	Manitoba	Nephrologist	Pre-dialysis education

Site/Organization	Eligibility	Referral Information	Services
<p>* Women's Hospital, Women's Health Program Tel: 204-787-1162</p>	<p>Manitoba, NW Ontario & Territories Females only</p>	<p>Physicians with admitting privileges at Women's, and health professionals from Women's</p>	<p>Prenatal nutrition and gestational diabetes</p>
<p>Misericordia Health Centre 99 Cornish Ave. R3C 1A2</p>			
<p>* Ambulatory Care/ Outpatient Dietitian Tel: 204-788-8187</p>	<p>City Wide</p>	<p>Physician</p>	<p>Therapeutic, healthy eating counselling</p>
<p>* MHC for Lungs Tel: 204-788-8023</p>	<p>Manitoba People with COPD</p>	<p>Physician, self-referral</p>	
<p>* PRIME Program Tel: 204-789-2421</p>		<p>Physician, homecare, day hospital, allied health or self-referral</p>	
<p>* Easy Street Rehab Program Tel: 204-788-8158</p>	<p>Manitoba</p>	<p>Physician, health professional</p>	
<p>Riverview Health Centre No Outpatient Nutrition Services 1 Morley Ave. R3L 2P4 Tel: 204-478-6203 Fax: 204-478-6157</p>			
<p>St. Amant: Clinical Services 440 River Road R2M 3Z9 Tel: 204-256-4301 Fax: 204-258-7065 stamant.ca/programs</p>	<p>Manitoba Adults & children with intellectual or developmental disabilities living in the community. Must be open to either Community Living disABILITY or Children's Disability Services</p>	<p>Community support workers completes application form</p>	<p>Individual and group counselling. Feeding, swallowing, nutrition clinic.</p>

Site/Organization	Eligibility	Referral Information	Services
St. Boniface Hospital 409 Taché Ave. R2H 2A6 Fax: 204-237-2923			
* Family Medical Centre (FMC)	Manitoba, NW Ontario	Referral from physician with admitting privileges to FMC	Individual counselling, group diabetes classes
* Ambulatory Care Facility (ACF) - General Nutrition Consults	Manitoba, NW Ontario	Referral from physician with admitting privileges to ACF	Therapeutic, individual and general nutrition counselling
* Ambulatory Care Facility (ACF) - Outpatient Multidisciplinary Clinics	Manitoba, NW Ontario For clients of SBH endocrine clinic, renal clinic, prenatal or adolescent clinic	Referral from physician or known to the programs	
* Cardiac Classes	Manitoba, NW Ontario Post MI (heart attack) and cardiac surgery patients	Mailed invitations	Heart healthy nutrition group classes
* Heart Failure Clinic	Manitoba, NW Ontario SBH and VGH HF patients		Group classes
* Lipid Clinic CR 3127 - 369 Taché R2H 1A6 Tel: 204-258-1496 Fax: 204-237-2076	Manitoba, NW Ontario	Physician	

Seven Oaks General Hospital 2300 McPhillips Street R2V 3M3 Tel: 204-632-3483 Fax: 204-694-2939			
* Renal Clinic Tel: 204-632-3454 Fax: 204-697-4204	Manitoba – Pre-dialysis, renal stage 3 and higher	Nephrologist referred	No Fee
Victoria General Hospital 2340 Pembina Hwy. R3T 2E8 Fax: 204-275-8546			
* Outpatient Dietitian Tel: 204-477-3380 Fax: 204-275-8546	R3V, R3T,R3N, R3M,R3Y, R3L	Physician, health professional within VGH	Therapeutic and general nutrition counselling
* Diabetes Education Centre Tel: 204-477-3305 Fax: 204-275-8546	Home or PC provider PC: R3N, R3M, R3L, R3T, R3V, R3Y	Physician, health professional within VGH	Diabetes education and management
* Centre for Metabolic and Bariatric Surgery Tel: 204-477-3540 Fax: 204-477-3299	Manitoba	Physician	Individual and group counselling for those accepted for bariatric surgery